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| Body Blast Bootcamp *with Kara*    All Fitness Levels Welcome! “It takes 4 weeks for you to see your body changing, 8 weeks for family & friends to notice, & 12 weeks for the world to notice. Give it 12 weeks. Don’t quit!”Location: 333 Short Drive, Mountainside, NJGiven By: Kara Fleming – Certified Personal Trainer & Group Fitness InstructorWhen: Friday mornings beginning at 9:00 am (arrive 5 minutes early)Fee: $20 per session Why Choose Bootcamp? * High Caloric Burn during and after workout
* Cardio & Strength workout in one
* Cost Effective
* Group Atmosphere is fun and motivating

“Kara is the perfect combination of strong and kind, and she works with the whole person -- Because of her, I am a different person…I can do things now I would have never dreamed of attempting before my journey with Kara.” ~Tara * You will feel great and have more energy for the rest of the day! ☺

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